

National Diabetes Month

November is *National Diabetes Awareness Month*. In 2005, an estimated 20.8 million persons in the United States, approximately 7% of the population, have diabetes; however, only 14.6 million of these persons have had the disease diagnosed. Persons with diabetes have a risk for premature death approximately twice that of persons of similar ages without diabetes. In 2002, diabetes was the sixth leading cause of death in the United States, with associated direct and indirect costs totaling an estimated \$132 billion.

Alaskan and American Natives are 2.2 times more likely to have diabetes than non-Hispanic whites of similar ages. The CDC Native Diabetes Wellness Program developed books to teach children and parents about healthy eating and physical activity, two important factors in diabetes prevention. In addition, the CDC National Diabetes Education Program is working with a Spanish-language television network to introduce a diabetes prevention and care theme into a telenovela (serial drama).

Additional information about diabetes is available from CDC at <http://www.cdc.gov/diabetes>.

REACH for Health

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*The mission of the REACH Coalition is to reduce diabetes health disparities experienced by communities of color. Through strong partnerships, REACH will support the empowerment of individuals, families, and communities, and create sustainable long-term approaches to prevention and control of diabetes utilizing all appropriate community resources in King County.*

Upcoming Events and Announcements

- 11/09/06 - REACH Ops/Sust. Committee meetings. 2 p.m.-5 p.m. at ICHS.
- 11/14/06 - Evaluation Committee meeting. 10 a.m.-11:30 a.m. Place to be announced.
- 11/30/06 - REACH Coalition meeting 3 p.m. - 5 p.m. at SAFECO Conference Room at 23rd Ave & Jackson St.

*For more information on REACH meetings and activities please contact Blishda Lacet at (206) 296-7621.*

FOR NEWSLETTER HARDCOPY, PLEASE CONTACT:

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The REACH project is funded by a Cooperative Agreement from the Centers for Disease Control and Prevention Grant #U50/CCU022163-01  
[www.metrokc.gov/health/REACH](http://www.metrokc.gov/health/REACH)  
If you have suggestions or want to submit articles for the newsletter, please contact Javier Amaya at [javier.amaya@metrokc.gov](mailto:javier.amaya@metrokc.gov) or (206) 205-3921 by the 10<sup>th</sup> of April, June, August, October and December.

REACH FOR HEALTH

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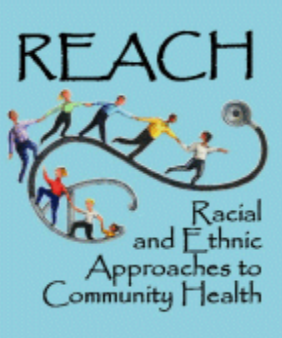
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“The holidays are coming”

*Practical tips for eating healthier this season*



*Maintain your joy during this holiday season by taking care of yourself, reducing stress and maintaining control of your*

diabetes.

The holidays can be filled with food temptations that don’t fit with your diabetes meal plan and busy schedules make it hard to work in regular exercise and healthy meals. Expectations of what the perfect holiday season should be are often difficult to live up to. If you are trying to control your weight, focus on maintaining your weight through the holidays, not weight loss.

*Check your plate.* Follow your usual meal plan and eating schedule as closely as possible. Watch portion sizes and eat smaller amounts of your favorite foods so you won’t feel like you are denying yourself a treat. Trade carbohydrate foods for a planned dessert.

If you are attending a potluck dinner or luncheon, you

can supply the healthy alternative, such as a fresh fruit and vegetable tray. At the buffet table, be selective, not rigid.

*Enjoy moderate amounts of food* that you look forward to, and cut back on the high-fat and carbohydrate choices you can live without.

*Create a healthy plate* by filling half of your plate with vegetables and whole grains. Only put the foods you really want on your plate and don’t go back for seconds. Remember it takes about 20 minutes for you to feel full. Chew slowly, take your time, enjoy the meal, and make conversation with your dinner companions.

*Don’t fast before parties* to make up for what you might eat that evening. Instead, eat smaller, healthy meals during the day. If you plan on having an alcoholic drink, be sure to have it with food. Alcohol lowers blood sugar.

*Make time for exercise before you schedule holiday activities.* Walk the mall or in your neighborhood, plan outdoor activities with family or friends, or increase your normal

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Cheza’s Chat Corner



What do you think of when you see or hear the phrase “Place Matters”? Do you think of a physical location? Do you think of social status, that is, your “place” in society? Do you think of how you place objects in your home or office for Feng Shui?

As we approach Diabetes Month this November, I think it is more important than ever to acknowledge the importance of “place”, to understand that place really does matter, in the many ways we might define it.

We need to understand that diabetes occurs most often among those whose place in society has not been equal with the majority of those who have the power in our society.

The systems change work of our REACH Coalition in reducing and eliminating racial and ethnic health disparities is an example of what we can do to help address issues of place in society. By working to eliminate health disparities, we are working to provide places of equity for our communities of color.

Once we substantially eliminate health disparities, we will have removed many barriers and created places of respect and dignity. In the process, we must realize that we do have power, we do have a voice in making our health status better and creating a better health system and a better social system for our families, our children and their children, and beyond.

In King County, we have a program called **Place Matters** that is part of a national effort to eliminate racial and ethnic health disparities.

We are working to help set a local and national policy agenda to achieve this. I am hoping that our team can call upon you to help us in this work, so that everyone in all the systems of society, from health care, to government, from employment to housing, and many others, will all be committed to working on the elimination of health disparities and the social inequities that lead to these disparities. More later....

Cheza Garvin, PhD, MPH, MSW  
Principal Investigator, REACH Program  
Director, Chronic Disease Prevention & Healthy Aging  
Public Health Seattle & King County

20. Dr. Cheza Garvin and Jackie Vasquez, evaluator from Sea Mar, gave a joint presentation about “Challenges Faced by a Multiethnic Coalition for Community Diabetes Education and Support” using Sea Mar’s experiences with the Spanish Language activities. Roxana Chen and Julie Siliga, peer educator for the Samoan community, were part of a panel on “Hearing the Community Voice - Building effective partnerships for culturally competent care and research”, where we joined five other panelists to describe our experiences in connecting research with communities and ways to more effectively listen to what the community has to say.

We are working on various papers and have submitted a “personal narrative” paper to the Journal of General Internal Medicine about the experiences of Fernando Leon and Jackie Vasquez, Sea Mar staff, in being part of REACH and implementing the Spanish language activities.

As you can see, we have been very busy talking and writing about REACH. Stay tuned for more updates on our dissemination efforts. Also, if you have ideas for papers or presentations you would like to read/hear about REACH, feel free to let me know.

You can contact Roxana Chen MPH, Evaluation Manager for REACH at Public Health - Seattle & King County at: roxana.chen@metrokc.gov or by phone (206) 205-4162.

Rox’s Review: Evaluation Update



Over the past seven years we have learned a great deal from each other, so it’s important for us to both reflect on the lessons we’ve learned and to share them with others. This past two months, we have had opportunities to do both. At our September Coalition meeting, we highlighted main themes that emerged from the Coalition Interviews and began a thoughtful discussion about the Coalition’s mission to eliminate diabetes disparities through the provision of programs/services and influencing systems changes, and the tension of how to balance and prioritize these efforts.

Some felt that we should not let our systems change efforts overshadow or diminish our service delivery component. Others thought it was a natural evolution to have an initial priority on services, but now that activities are established and the grant is winding down, our efforts should move on to influencing systems changes. There was general consensus that both were important, however opinions differed as to the priority each should receive.

We will continue the dialogue at our November Coalition meeting when we’ll also discuss our decision-making process, Coalition membership, and the “value-added” of being a coalition.

In terms of sharing lessons learned, REACH was part of *The Fifth National Conference for Quality of Healthcare for Culturally Diverse Populations*, held in Seattle recently, October 17-

ICHS New Ads Campaign

The International Community Health Services (ICHS), an active member of REACH, recently launched a campaign targeting people affected by diabetes in five different languages.

For more information on the campaign you may contact Cam Nguyen, REACH Program Coordinator at ICHS at (206) 788-3673.

Interested in learning more about DIABETES?



Join us for **FREE** Education Classes and Support Groups

**More Information:**  
Cantonese/Mandarin: 206.788.3644  
Korean: 206.788.3646  
Samoan: 206.788.3684  
Tagalog: 206.788.3676  
Vietnamese: 206.788.3671  
www.metrokc.gov/health/REACH



Quý vị có hứng thú tìm hiểu thêm về bệnh tiểu đường không?



Hãy tham gia lớp học về tiểu đường và nhóm hỗ trợ **MIỄN PHÍ**.

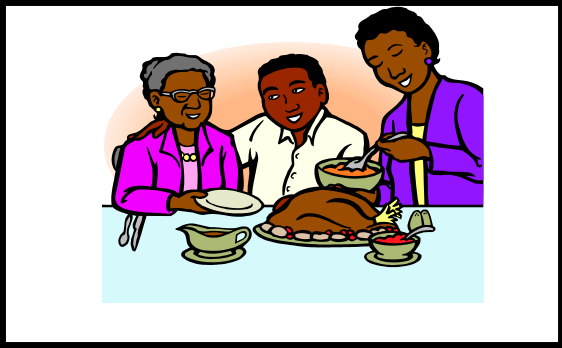
Để biết thêm chi tiết xin gọi người phụ trách của lớp học, Minh Nguyễn: (206) 788-3671



“The holidays are coming”  
(continued from page 1)

exercise routine. If you don’t plan exercise time, it might not happen.

Plan for stress. Make a list of nonfood



relaxers you can turn to, such as a short walk, a warm bath, playing with children or grandchildren, or having a cup of herbal tea.

Try to focus on one or two diabetes goals during the holidays. No one is perfect, but with careful planning you can stick to one or two habits that are good for you.

Remember that holidays are meant to be enjoyed. Relax with family and friends and maintain the joy of the season.

Janet Kapp, RD, MPH, CDE  
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